

# **Junior High Physical Education Syllabus**

## **Class Description:**

Physical education is a class where students will develop overall personal fitness by exercising, developing skills, and gaining knowledge about personal fitness. This will be accomplished by participating in a dynamic fitness regimen and team sports/activities that we will be learning throughout the year. Students will learn the importance of exercise and how it relates to a healthy lifestyle. Through this development of knowledge in lifetime sports, students will be encouraged to be active their whole life and know why that is important to their overall health.

## **Class Rules:**

1. \*Always be safe. (Do not goof off in the gym or the locker rooms. NEVER bring computers to the Locker Room!!)
2. \*Come to class prepared and on time. (Have all your clothes, shoes, and a towel.)
3. \*Be respectful to each other and the teacher. (Only encouragement is allowed and no profane language.)
4. \*Be quiet when the teacher is talking. (This will help you to follow directions.)
5. \*Come ready to work hard and to HAVE FUN! (Hard work is always rewarded!)

## **For the good of the class:**

\*Only gym shoes on the gym floor at anytime!!! This means during school or outside of school.

\*No Food or Drinks in the Gym!!! Water is OK!

\*Take off all jewelry, watches, or bracelets.

## **Locker room and Lockers:**

\*Locker rooms will be locked before, during, and after class.

\*You will be assigned a lock and locker that will be turned in once you are done with class and not in a sport that season. Lost lock will be a \$5 charge.

\*Pick up the locker room before you leave. Leave it better than when you came in.

\*Take your clothes home and wash them!

\*NO COMPUTERS IN THE LOCKER ROOM!!

**Objectives:** The main purpose is to get the students to demonstrate behaviors that foster healthy active lifestyles for individuals and the benefit of society.

This will be done by learning...

\*To assess and monitor current physical health to meet fitness goals.

\*to maintain appropriate levels of cardio endurance, muscular endurance, and strength/flexibility.

\*Many different sports, activities, and the skills associated with each one.

\*The importance of conditioning, stretching, flexibility, and lifelong activity.

\*The importance of hard work and dedication, and how these lead to confidence and increased performance.

\*The importance of leadership, teamwork, and encouragement.

\*The importance of repetition and practice in improving skills and performance.

\*The ability to learn new skills and activities.

\*How to have fun while being physically active!!

## **Class Supplies:**

\*Acceptable shorts and T-shirt. These must be different than your school clothes. (All attire must conform to the school handbook policy. The instructor has the right to deem clothing inappropriate. It is inappropriate to be able to see undergarments, to wear shirts that are torn down the sides, or shorts not of a satisfactory length.)

\*Non-marking shoes that are clean and ONLY worn in the gym.

\*A towel so you may shower at the end of class as well as soap and deodorant..

\*A great attitude and a willingness to work hard!!

**Activities for the Year:** (Not Set in stone! These may change. There will be more than there are listed.)

Activities		
Ultimate Frisbee	Basketball	Softball
Volleyball	Prison Dodgeball	Pickle Ball
Flag Football	Gatorball	Whiffle Baseball
Team Handball	Mat Ball	Mile/12 min run
Fitness	Floor Hockey	Badminton

### **Classroom Discipline:**

Not that we are going to need it, but in case a student makes a bad decision or doesn't act accordingly with the class or school rules we will follow the classroom guidelines. If the act is severe enough then we will go to the school discipline procedure.

Class procedure:

1. Warning (10 pushups/Extra Conditioning/or more if the occasion warrants that)
2. Removal from activity and detention will be assigned.
3. Call to parent and referral to the schools discipline policy.

Arguing and dishonesty will get you into a lot more trouble than you would want to be in. I like having a fun and enjoyable classroom, but the discipline policy will be followed if rules are broken.

### **Grading:**

Your **DAILY GRADE** is made up of **5 points**. The daily grade is based on the achievement of the objectives for each day. Achieving the objectives is manageable for anyone as long as they participate, have a positive attitude, and give the highest level of effort they are able to.

The grading scale is as follows:

A	5.0	The objectives have been achieved at a high level.
B	4.0	Most of the objectives have been achieved. Proficient.
C	3.5	Some objectives achieved but more practice is needed.
D	3.0	Low level of achievement and not getting the main ideas. Must retake
F	2.5	No effort, not participating, or poor attitude that is leading to failure to achieve the objectives needed to get credit for the class. Must retake.

**ATTENDANCE** is important for passing this class. If you are not here or participating then you are not achieving the required objective for the class (refer to objectives) and will then need to retake the class. You need to average a 3.5 or higher on the grading scale to get credit for the class.

### **Excuses/Notes from home**

If you are unable to participate because of an injury or sickness you must have a note to be excused. If you are a **CHRONIC** non-participant you will not be achieving the objective of the class. This means that you will not get credit and will be required to retake the class. Not dressing out and no participation is a 0 for your daily grade.

Not dressing out and participating, you will start at 3 for your daily grade.

The easiest way to earn credit for Physical Education is for the student to come to class prepared and to participate to your fullest ability. We care about helping students stay active and physically fit so we are going to teach and help the students in the most enjoyable fashion we can as physical fitness educators.

**Let's have a GREAT year!!**